

LANGLEY MEALS ON WHEELS - NOVEMBER 2025

Office Hours :

Monday - Friday 9am - 3pm

Next day orders must be placed by **1:00pm** the day before.

NOTE - WE WILL BE CLOSED:

TUESDAY NOVEMBER 11 FOR REMEMBRANCE DAY



Please mark your preferred menu items, sign your name and return to our office; your menu will be returned after review.



lmow.ca
info@lmow.ca
604-533-1679

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 3 - 7 (WEEK 4)	3 Teriyaki Chicken w/ Rice Tuna Salad Sandwich	4 Beef & Broccoli w/ Rice Roast Beef Sandwich	5 Chicken Alfredo Egg Salad Sandwich	6 Vegetarian Stirfry w/ Asian Noodles Turkey & Cheese Sandwich	7 Perogies & Sausages Vegetarian Sandwich
NOV 10 - 14 (WEEK 1)	10 Bangers & Mash w/ Veg Tuna Salad Sandwich	11 	12 Chili w/ Potatoes Egg Salad Sandwich	13 Turkey Meatloaf w/ Mash Potato Turkey & Cheese Sandwich	14 Pot Roast w/ Potatoes Vegetarian Sandwich
NOV 17 - 21 (WEEK 2)	17 Shepard's Pie Tuna Salad Sandwich	18 Chicken Stew w/ Veg Roast Beef Sandwich	19 Cabbage Roll Casserole Egg Salad Sandwich	20 Pork w/ Mushroom Gravy & Potatoes Turkey & Cheese Sandwich	21 Fish & Steamed Rice Vegetarian Sandwich
NOV 24 - 28 (WEEK 3)	24 Pork Chops w/ Potatoes Tuna Salad Sandwich	25 BBQ Chicken w/ Rice Roast Beef Sandwich	26 Salisbury Steak w/ Potatoes Egg Salad Sandwich	27 Vegetarian Lasagna Turkey & Cheese Sandwich	28 Ham & Pineapple w/ Potatoes Vegetarian Sandwich

Menus may be subject to change due to availability.



MENU ITEM CHANGE